

NASA HEALTH PROMOTION AND WELLNESS (HPW) COMMITTEE

Minutes for: March 11, 2010

Attendance: "X" means present

ARC	<input checked="" type="checkbox"/>	HQ	<input checked="" type="checkbox"/>	DFRC	<input checked="" type="checkbox"/>
JPL	<input type="checkbox"/>	OHSO	<input checked="" type="checkbox"/>	GSFC	<input checked="" type="checkbox"/>
JSC	<input checked="" type="checkbox"/>	KSC	<input checked="" type="checkbox"/>	MSFC	<input checked="" type="checkbox"/>
GRC	<input checked="" type="checkbox"/>	SSC	<input checked="" type="checkbox"/>	WFF	<input checked="" type="checkbox"/>
LRC	<input checked="" type="checkbox"/>	MAF	<input checked="" type="checkbox"/>	WSTF	<input checked="" type="checkbox"/>

OHSO = Occupational Health Support Office

Welcome

Mae Hafizi

For your convenience, minutes are always color coded. Anything in red requires your review, attention, and/or feedback.

Today's guest speaker is Kirstin Wood from Mayo Clinic Health Solutions.

All quarterly HPW meetings are held as ViTS/Webex session. This session was taped.

HPW Communication-

Mae Hafizi

Annual NASA OH Meeting – San Antonio, Texas

The annual Meeting will be held between **June 7- 11, 2010, in San Antonio, TX**. Online registration will go live on March 15.

Our June 10th HPW ViTS is cancelled. In lieu of this ViTs we will be offering three of the June 9th presentations from the OH Meeting in a live webinar format.

Please mark your calendars accordingly and remember that San Antonio is in a Central Time Zone. These sessions will not be taped.

Some of you have not been able to attend the annual Meetings. This is our way of bringing the Meeting to you.

The presentations that will be broadcast as live webinars are:

- **9-10 am CT** Kurt Hobbs, MA - Health and Productivity Management: NASA's Journey
- **10:30-12 am CT** Wendy Lynch, PhD - Aligning Human Capital and Work Performance
- **2:45-3:45 pm CT** Michael Jensen, MD - Nutrition, Activity, and Obesity: Medical Issues That Can Affect Workplace Health

Access information and instructions will be provided closer to the date. Please mark your calendars for June 9th.

White listing Mayo Clinic

We have had issues with Mayo Clinic Confirmation emails. On some occasions, these emails are not received, or end up in the employee's junk or spam folder. The reason for this occurrence is filtering at the following four levels:

- The individual PC
- The Company
- The Center
- The Agency

Unfortunately, we have no access to the many contracting companies' IT divisions. So we tried to correct the situation at the Agency/Center level. This too left us empty handed.

We have supported the employees by placing white listing instructions on the ohp website. We also coach them in the process if they call us. This can only resolve the filtering problem at the PC level.

Instructions for white listing @mayoclinic.com:

<http://www.ohp.nasa.gov/embodyhealth/mayofaq.html>

1. Open MS Outlook
2. Click Tools
3. Click Options
4. In the Preferences tab, click Junk mail
5. In the Safe Senders tab, click Add
6. Enter @mayoclinic.com and click Ok
7. Click Apply
8. Click Ok
9. Click Ok

My Fitness Solution (MFS)

MFS is the first of the two Campaigns in 2010. Walk to Wellness will launch in Sept/Oct 2010.

MFS began on March 1 and ends on April 30th. Two communication tools have been developed to educate you and the employees on the features of the module as well as the registration and enrollment processes.

These documents are posted on the toolkit webpage
http://ohp.nasa.gov/disciplines/hpromo/mayo_toolkit

MFS has a lot of logic built in. It is much more complicated than just plugging in exercise type and duration. Please review the documents and contact me with any questions.

Seasonal Flu Totals

If you have not done so already, please provide your total seasonal influenza vaccination drive data. I need the numbers broken out to NASA CS, Contractor, and Others.

Mayo Clinic EmbodyHealth monthly newsletters

In April 2009 we initiated a discussion about purchasing printed health education material.

On July 27, I forwarded an email to the Committee detailing the decision making process.

At that time, we decided to continue the purchase of 2,000 copies of the EmbodyHealth monthly newsletters but refrain from purchasing any disease specific brochures. Instead, we were to promote the EmbodyHealth web portal and the utilization of two tabs, Health Information from A to Z and Treatment Decision Support.

We need to revisit these questions. Please let me know your thoughts:

- Should we consider distributing a readership survey to clearly document their value?
- Do we need a distribution plan from each Center to document how these newsletters are reaching the intended audience? The initial intent was to reach employees with limited or no computer/internet access.
- Should we reduce the number of copies purchased?
- Should we consider a different publication all together?

We are also asking Mayo Clinic for a quote to purchase the rights to post the EmbodyHealth newsletter on the NASA Intranet.

Mayo Clinic EmbodyHealth Report Suite

Kirstin Wood

Kirstin described the many features of the Report Suite and Web Analytics. We had 7,486 employees complete the Health Assessment (HA) in 2009. Agency wide

engagement has remained flat in 2010 with less than 4,618 Health Assessments completed YTD.

NASA CS participation has lowered in the past three years to 28% of total HA participants. This is an area for improvement.

NASA has more male participants as compared to the Mayo BoB. These NASA male participants have higher risk prevalence for each of the medical risk factors vs. the NASA female participants. This is another area of potential attention.

Visit the Mayo Clinic Report Suite to keep track of your Center's engagement data and health profile. **Please notice the new password for accessing the Report Suite.**

- **Username: HPWTeam1**
- **Password: Secure#4**
- **Website: <https://extranet.mayoclinicembodyhealth.com>**
- **From this you can visit Web Analytics to assess website usage.**
 1. **The access code for web analytics is:**
 1. **nasaoh1**
 2. **healthieryou1**

The HPW Agenda for 2010

Mae Hafizi

We have three years of Mayo Clinic Health Assessment data. And soon, two years of WLQ data.

How can we utilize this information to better define our Committee's goals and objectives?

In order to stimulate our conversation I circulated a short document detailing four proposed goals and objectives. These goals and objectives are also listed below. I briefly described these suggestions as a platform for discussion. We can either utilize these or start a new set. **In either case, it is essential that we clearly set a measureable tone for our performance. Please review below and email your thoughts.**

NASA HPW PROPOSED GOALS AND OBJECTIVES for 2010

Goal I: Focus on Center ownership

20% of the Center population completes the Health Assessment.

Objectives:

- Each Center to develop a Center-specific Plan for outreach.
- Utilize the Mayo Clinic EmbodyHealth as a tool that can easily be embedded in any and all Center health awareness or challenge initiatives.
- Completion of the Health Assessment can be part of the fitness center membership process.

Center	Center Population (CP)	Health Assessments Completed in 2009 as of 2/9/2010	Projected Health Assessments to be completed = 20% of CP	
ARC - Ames Research Center	1380	69	276	
DFRC - Dryden Flight Research Center	1080	43	216	
GRC - Glenn Research Center	3330	147	666	
GSFC - Goddard Space Flight Center	6950	97	1390	
HQ - Headquarters	1430	51	286	
JPL - Jet Propulsion Laboratory		87		
JSC - Johnson Space Center	13000	3066	2600	
KSC - Kennedy Space Center	14800	188	2960	
LRC - Langley Research Center	3430	18	686	
MAF – Michoud Assembly Facility	1200		240	
MSFC - Marshall Space Flight Center	2600	162	520	
NSSC - NASA Shared Services Center	130	18	26	
SSC - Stennis Space Center	3200	49	640	
WFF - Wallops Flight Facility	1100	17	220	
WSTF - White Sands Test Facility	700	12	140	

Goal II: Focus on cohort data

Each Center shall select at least one health risk per year to address awareness and to provide risk reduction techniques based on Center resources.

Objective:

- Each Center shall select a health risk based on prevalence and planning for change by utilizing the Mayo Clinic Report Suite data.

Goal III: Focus on Campaign engagement and participation

Centers shall increase employee engagement and participation in the agency directed Campaign such as Walk to Wellness or My Fitness Solution.

Objective:

- Develop a communication Plan to increase awareness about the Campaign.

Goal IV: Improve Influenza Immunization

Centers shall increase % employee vaccinated to 46% agency wide.

Objectives:

- Develop collaborations with the local health department or a local healthcare facility to increase supply/demand and outreach.
- Develop collaboration with Contracting employers or special advisory groups such as the Native American Society, the Federal Employees Women’s, etc to increase supply/demand and outreach.

CY	% NASA CS Vaccinated-agency wide	% NASA Contractor Vaccinated-agency wide	National Average Vaccinated
2009	42	30	36
2008	43	24	
2007	36	26	
2006	31	23	
2005* shortage	14	7	

Future ViTs

- **June 10, 2010 11am --- Replaced with three live webinar on June 9, 2010 from the Annual Agency OH Meeting.**
- **September 09, 2010 11am**
- **December 09, 2010 11am**